

## SUNSHINE COLUMN

NORTH CAROLINA DIVISION OF INTERNATIONAL SUNSHINE SOCIETY.

FROM SUNSHINE HEADQUARTERS.

## Sunshine Song.

This world is as we make it,  
I often hear folks say,  
If we are sad and tearful,  
The world will be that way,  
And if we seek the dark side  
Where everything goes wrong,  
And see mole hills as mountains,  
Our lives will seem too long.

But if we look for sunshine,  
Some joy to others give,  
And gaily climb life's mountain,  
As though 'twere good to live,  
And overcome disaster,  
And gladness round us shower,  
To render others happy,  
Then joy will be our dower.

The world is but a morrow  
Reflecting each one's mind—  
If we look at it frowning,  
To us 'twill not be kind.  
But if we smile upon it,  
It will smile back at you,  
No matter how we see it,  
Its reflection will be true.

So when the world looks lonely,  
And life seems dreary too,  
Just ask your soul in quiet,  
If it can better do?  
And with the simple asking,  
The world will look more bright,  
And soon you'll be forgetting,  
How dark has been the night.  
—M. S. Lippincott.

And we must now continue our  
"Beauty Sermon" which we did not  
finish last week.

We are all of us greatly affected  
by the people we meet. Have you  
not, many a time, started the day  
with all sorts of great ambitions  
struggling in your soul? And  
haven't you met a pessimistic mortal  
who, figuratively speaking, hit  
you on the head with a skillet?  
Where's your day's sunshine? Back  
hiding under a thunderbolt.

Beautifying is no small, trifling,  
frivolous ambition. It is the little  
kernel from which grows a great big  
budding thing which is recognized  
as success. We haven't any time  
these days for the woman who is  
sloppily gowned or who is stupid of  
mind. Intelligence shows itself in  
dress, manners, conversation and  
deeds. And any intelligent woman  
will confess that beautifying is a  
part of her existence. Beautifying  
helps her to be good to her neighbor,  
instead of increasing her own bump  
of vanity. It makes her better, fair-  
er-minded, gentler, sweeter. Don't  
tell me that rational, sensible beau-  
tifying is a foolish thing. It is en-  
nobling to the soul and it sweetens  
the heart with the sugar of kind-  
ness, which is vastly better than the  
glucose of idleness and incorrect  
living.

Beauty of one kind or another is  
possible to everybody.

It is an interesting moment in a  
woman's life when she is suddenly  
aware of the fact that she might im-  
prove herself. The possibilities of  
beautifying are beyond reckoning.  
From one improvement one drifts  
into another, and inside of six

months any woman with the right  
kind of courage inside her chest can  
presto-change herself into a creature  
of loveliness. For loveliness is of  
many kinds, and if one sort cannot  
be acquired another kind can.

It isn't how much a man reads  
that makes him a scholar. It is  
what he reads.

It is not how much beautifying a  
woman does, but how she beautifies.  
The musician may juggle scales and  
exercises all day, but if his method  
is bad, what's the use? He accom-  
plishes nothing more than the dis-  
tribution of nervous prostration  
among the neighbors.

Much to the sorrow of the world,  
there is an everlasting wild goose  
chase after wrong ideals. Get on  
the right track when you set your  
beauty cart a-going. It means  
everything to you.

Rational beautifying is a good  
deal like making a first-class soup;  
there are a lot of things you must  
not leave out.

First, there is mental beauty which  
should not be overlooked. Then  
there is heart loveliness, which is a  
prime factor in the engaging occu-  
pation of pulchritude-getting. There  
is educational beauty; and, finally,  
extremely valuable matter of good  
manners and graciousness.

To be beautiful to look at is more  
or less of a joy, of course. But to  
be so beautiful of soul that one is  
deeply loved by all whose affections  
are worth while is to be blessed.  
Right there is defined the difference.

We all have chances to be beau-  
tiful.

There are few who are really be-  
yond the possibilities of beautifying.  
Some of those who are the most dis-  
couraged have the greatest chances.  
And even if the glory crown is lack-  
ing, and the lines have come, and the  
white soft hands aren't white at all,  
but red and yellow, even then there  
are chances.

For, with kindness and considera-  
tion, patience and loyalty, you can  
make those who love you think you  
are beautiful, and the result is al-  
most the same. The mother is al-  
ways beautiful to the child, and the  
child is dear to look upon with a  
mother's eyes. Love is the glass that  
makes angels of everybody, blots  
away all the lines and furrows and  
trims our heart with little electric  
lights of cheery happiness.

Don't tell this pastoreess that beau-  
tifying is foolish. It is decidedly  
unfoolish. It is a sane way of  
climbing up to better things, to  
higher mentality, to broader views  
of life, to a beauty that radiates like  
a base burner and warms all the  
earth with its rays.

The glory of a life is in the quan-  
tity of devotedness to God, in the  
fidelity with which the simplest things  
are done, in the quantity of the  
higher life that can be thrown into  
the lowliest duty or the humblest po-  
sition.—Sacred Heart Review.

The missionaries have been the  
world's greatest benefactors.

FREY'S  
VERMIFUGE

Is the same good, old-fash-  
ioned medicine that has saved  
the lives of little children for  
the past 60 years. It is a med-  
icine made to cure. It has  
never been known to fail. If  
your child is sick get a bot-  
tle of

FREY'S VERMIFUGE  
A FINE TONIC FOR CHILDREN

Do not take a substitute. If  
your druggist does not keep  
it, send twenty-five cents in  
stamps to

**H. & S. FREY**  
Baltimore, Md.

and a bottle will be mailed you.

The  
Christian Advocate,

The connectional organ of the Methodist  
Episcopal Church, South.

G. B. WINTON, . . . . . Editor.  
SMITH & LAMAR, . . . Publishers,  
Nashville, Tenn.

The Advocate contains the current news  
of the Church and of the country. It ought  
to be in every Methodist family.

Subscription Price, \$2 a Year.  
PREACHERS, HALF PRICE.

## SAW MILLS

Are not profitable if you buy a poorly built  
mill, or the cheapest mill, regardless of  
quality. We have GOOD cheap Mills, and the  
BEST and most accurate mills at reasonable  
prices. It will cost you nothing but five min-  
utes time and a postal card to investigate our  
mills. Give full particulars of size mill wanted  
and we will give you low prices. We guar-  
antee fully everything we sell. Write us NOW  
while you have our address.

**SALEM IRON WORKS**  
SALEM N.C. U.S.A.

Factory  
Locations

In the Southern States.  
Cheap Raw Material  
and Fuel.  
Good Transportation  
Facilities.

A  
SOUTHERN  
HOME

In a Mild and Healthful  
Climate where Surroundings  
Combine to make Business  
Stable and Profitable.

For printed matter giving  
full particulars, write

**M. V. RICHARDS,**  
Land and Industrial  
Agent Southern Rail-  
way Company, Wash-  
ington, D. C. : : :

When writing advertisers please  
mention this paper.

A Golden Rule  
of Agriculture:

Be good to your land and your crop  
will be good. Plenty of

## Potash

in the fertilizer spells quality  
and quantity in the har-  
vest. Write us and  
we will send you,  
free, by next mail,  
our money winning  
books.

GERMAN KALI WORKS,  
New York—93 Nassau St.  
or  
Atlanta, Ga.—22½ So. Broad St.



**SWIFT CREEK STOCK AND DAIRY FARM**  
Has for sale a large number of nice young  
registered A. J. C. C.

## JERSEY BULLS AND HEIFERS.

None better bred in the South, combining  
closely the most noted and up-to-date blood  
in America. Bulls 4 to 6 months old, \$25;  
Heifers, same age \$35. Older in proportion.  
Poland China Pigs, \$5 each. Send check  
and get what you want.

T. F. BRASWELL, Prop., Battleboro, N. C.

## PATENTS

**CAVEATS, TRADE MARKS,  
COPYRIGHTS AND DESIGNS.**

Send your business direct to Washington,  
saves time, costs less, better service.

My office close to U. S. Patent Office. FREE prelimi-  
nary examinations made. Attorney's fee not due until patent  
is secured. PERSONAL ATTENTION GIVEN—19 YEARS  
ACTUAL EXPERIENCE. Book "How to obtain Patents,"  
etc., sent free. Patents procured through E. G. Siggers  
receive special notice, without charge, in the

## INVENTIVE AGE

Illustrated monthly—Eleventh year—terms, \$1. a year.

**E. G. SIGGERS,** 918 F St., N. W.,  
WASHINGTON, D. C.

**WE WILL PAY YOU TO SOLICIT  
SUBSCRIPTIONS.**

The Progressive Farmer will pay a liberal  
commission to reliable men who wish to so-  
licit subscriptions among their neighbors  
and friends. For particulars, address

THE PROGRESSIVE FARMER,  
Raleigh, N. C.

## SEABOARD

## :: Air Line Railway ::

Short Time to all  
Points.

## North, South, East and West

Through Trains Between  
Principal Cities.

New York, Philadelphia,  
Baltimore, Washington,  
Richmond, Norfolk, Raleigh,  
Wilmington, Charlotte,  
Atlanta, Columbia,  
Savannah, Jacksonville,  
Tampa, St. Augustine,  
Macon, Montgomery, New  
Orleans.

## Tickets Sold to All Points

Pullman Buffet Sleeping Cars and  
Vestibule Day Coaches on all Trains  
Fastest Schedule Trains New York  
to Florida.

For rates, time-tables and general  
information address any agent of  
this company, or

C. H. Gattis, C. P. & T. A., Raleigh, N. C.  
Z. P. Smith, T. P. A., Raleigh, N. C.  
C. B. Ryan, G. P. A., Portsmouth, Va.